

# JIM DAILEY FITNESS & AQUATIC CENTER

## August Aerobics Schedule

Phone: 501-664-6976 Effective August 1, 2015



|         |                    | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|---------|--------------------|---|---|---|---|---|---|
| Morning | 6:00AM to 7:00AM   | Step Aerobics<br>Bill   | Cardio Sculpt<br>Bernice                                  | Step Aerobics<br>Bill   | Body Sculpt<br>Bernice                                    | Step Aerobics<br>Bill   | 8:30 AM -<br>9:30AM<br><br>Body<br>Conditioning<br>Ernest |
|         | 6:30AM to 7:30AM   | Yoga<br>Wesley  |   | Yoga<br>Cee Cee   |   | Yoga<br>Staff   |   |
|         | 9:00AM to 10:00AM  | Total Body<br>Blitz<br>James                                    | Zumba<br>LaWanna  | Body Clinic<br>Ernest   | Zumba<br>LaWanna  | Total Body<br>Blitz<br>James  |   |
| Midday  | 10:15AM to 11:00AM | Seniorcise<br>Aerobics<br>Staff                                 |   | Seniorcise<br>Aerobics<br>Staff                                 |   | Seniorcise<br>Aerobics<br>Kim   |   |
|         | 11:00AM to 11:30AM | Seniorcise<br>Weights<br>James                                  |   | Seniorcise<br>Weights<br>Lee                                    |   | Seniorcise<br>Weights<br>Kim  |   |
|         | 11:30AM to 12:00PM | Seniorcise<br>Stretch /Tone<br>James                            | Slow Vinyasa<br>Yoga<br>Tyler                             | Seniorcise<br>Yoga<br>Cee Cee                                   | Slow Vinyasa<br>Yoga<br>Tyler                             | Seniorcise<br>Stretch /Tone<br>Kim  |   |
|         | 12:30PM            |   |   |   |   |   |   |
| Evening | 4:45PM to 5:15PM   |   | Beginner Body<br>Sculpt<br>Ryan                           |   | Beginner Body<br>Sculpt<br>Ryan                           | <b>THIS MONTH!</b><br><b>August:</b><br><b>Summer Seniors-</b><br><b>Horseshoes/Baggo</b><br><b>Tuesday, August 18th</b><br><b>10:30am to 12:00pm</b><br><br><b>UP YOUR SPORTS-</b><br><b>Badminton</b><br><b>Thursdays 6:00pm</b><br><br><b>FREE CANOE TRIP</b><br><b>AND LESSONS!</b><br><b>August 21st &amp; 22nd</b><br><b>**Ask the Front Desk for</b><br><b>more details!**</b> |   |
|         | 5:00PM             | Bootcamp<br>Ryan  |   | Bootcamp<br>Ryan  |   |   |   |
|         | 5:15PM to 6:00PM   | Beginner<br>Circuit<br>Training<br>Tyler<br><b>(5:15pm-6pm)</b> | Total Fit<br>Sterling<br><br>Body<br>Conditioning<br>Ryan | Beginner<br>Circuit<br>Training<br>Tyler<br><b>(5:15pm-6pm)</b> | Total Fit<br>Sterling<br><br>Body<br>Conditioning<br>Ryan |   |   |
|         | 6:00PM to 7:00PM   | Step Aerobics<br>Darrell<br><br>Yoga<br>Cee Cee                 | Hoopng &<br>Step/Combo<br>Beverly                         | Zumba<br>LaWanna<br><br>Yoga<br>Staff                           | UP YOUR<br>SPORTS<br><b>(Badminton)</b><br>Staff          |   |   |

- \* Class/Instructors are subject to change. Schedule can be found online at [www.lrpr.org](http://www.lrpr.org).
- \* Class must have a minimum of 3 participants within the first 10 minutes in order to be taught.
- \* Body Conditioning will take the place for any class when another Instructor is asked to fill in and is unqualified to teach that class.